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What a **\$1 million house** looks like
in Calgary, and how that compares
to cities across Canada **metroNEWS**



Parties calling on Alberta to declare health emergency

OPIOID CRISIS

**Grieving mom
agrees fentanyl
deaths require
swift action**



**Matt
Kieltyka**
Metro | Edmonton

An Alberta mother whose son died of an overdose says the government's response to a new call to action is "unacceptable."

All four opposition parties in the province held a rare joint press conference Monday to demand government declare a public-health emergency in the face of a fentanyl crisis that killed 343 people last year.

But in question period on Monday, New Democratic Party MLA Brandy Payne, the associate minister of health, resisted the call.

"We haven't declared an emergency because we have the tools that B.C. needed to call an emer-

gency for," Payne said, alluding to measures coming March 16 in the budget.

That answer wasn't enough for Petra Schulz. Her son, Danny, died of an overdose in 2014.

"If we're talking about up to two people a day dying, how many will die waiting for the budget?" asked Schulz, a founder of Moms Stop the Harm. "That's not acceptable. We need this action now."

She said an emergency declaration would help government better co-ordinate health and police authorities and free up more resources.

Later in the afternoon, Payne explained that the government has seriously considered calling an emergency but doesn't feel activating a 30-day crisis-response system would fix the problem.

The NDP says their focus has been on harm reduction by making naloxone kits available to those who need them, investing in treatment beds and advocating supervised consumption sites.

WITH FILES FROM JEREMY SIMES



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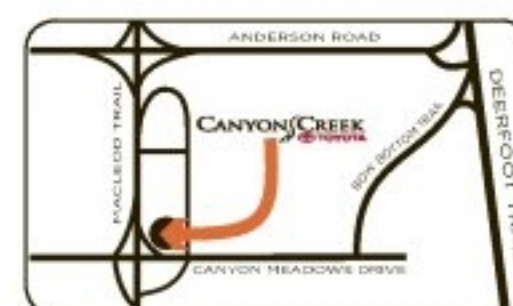
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STAR
SAFETY SYSTEM



Complaints off to the chief

POLICE

Many CPS members past and present have allegations



Elizabeth Cameron
For Metro | Calgary

The lawyer representing fourteen current and former Calgary Police Service (CPS) members who filed formal complaints with Chief Roger Chaffin on Friday said there will likely be more coming.

The complainants, most of whom have chosen to remain anonymous, allege they endured years of workplace bullying and harassment within the force.

Rachel West, the complainant's legal counsel, said she's receiving a lot of phone calls from other members of the force who want to learn more about the complaint process.

"We've heard from 38 people so far who were interested in potentially becoming complainants," she said. "We expect there will likely be more as we move forward."

A former CPS officer with nearly two decades of experience said lodging the formal complaints is a significant first step, but it's important for Chief Chaffin to realize big changes are needed.

"It's unfortunate, because it required an external body to allow the members to come



Rachel West is the lawyer for fourteen current and former members of the Calgary Police Service who have filed complaints, and says her primary focus at the moment is protecting them from retaliation. ELIZABETH CAMERON/METRO

forward and feel safe – without Rachel West leading the charge, these members would have stayed hidden," Marlene Hope said.

West said now that the formal complaints have been delivered, they will work with the Chief and CPS legal counsel to find an external



We expect there will likely be more as we move forward.

Rachel West, lawyer for the 14 complainants

investigator to look into the allegations.

"At this point our primary objective is to make sure the complainants who have come

forward are protected from retaliation," West said.

"These are individuals who have already experienced bullying and retaliation as

a result of raising concerns within the CPS, so they're very concerned about what effect being part of this formal complaint will have on their careers and on their personal lives."

An officer who has spoken out about her experience within the force before said



Jen Magnus's complaint in 2013 led to an internal HR audit. ELIZABETH CAMERON/METRO

it shouldn't matter who's filing the complaints.

"I am tired of hearing people complain and whisper about (it)," said Jen Magnus, a 14-year veteran of the force who publicly resigned at a Calgary Police Commission meeting in January.

She was one of two CPS members who brought forward a complaint in 2013 which resulted in an internal HR audit, marking the beginning of a drawn-out process to affect change within the force. Magnus accessed the audit's results under the province's privacy act when she found out the outcome would be kept private.

She wants those who come forward with similar experiences to be protected from further bullying and harassment.

"(The response) needs to be 'who did this to them, and how can we fix it,'" she said.

WITH FILES FROM LUCIE EDWARDSON

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Council puts 21 projects on wish list



Flood mitigation is just one of the projects on Calgary's infrastructure wish list.

JONATHAN HAYWARD/THE CANADIAN PRESS

INFRASTRUCTURE

Stakeholders advocate for entertainment district



Helen Pike
Metro | Calgary

It was a tiptoe through council's infrastructure wishlist, with some Calgarians wishing for more details on projects that may shape the city's future.

On Monday, council approved 21 infrastructure projects for investment in principle. It's unclear exactly what projects are on the docket and when details, like costs, will surface.

Three slides detailed some projects, including those they still need federal and provincial commitments before going ahead on. Projects like the Airport Trail NE extension, short-term improvements on Crowchild Trail, flood mitigation measures, and phase 1 of the Main Streets program.

These were all projects Mayor Naheed Nenshi categorized as important. He said as part of this process the city created a pool of money from other projects coming in under budget and reserve funding to draw out of for these infrastructure pieces they've deemed Calgary needs.

"There's absolutely a requirement on some of these projects for cost sharing with the other orders of government," said Nenshi. "This is one-time capital money, it's not operating money."

The mayor said that one of the list's criteria is capital funding with limited operational costs, which is why projects like the Green Line, though unfunded, didn't make the list.

Nenshi said some of the projects if funded, can begin in the next construction season.

But what came up time and time again in an impromptu public hearing was a nod to the city's plans for a "Cultural and Entertainment District," to

which one of the city's documents referenced. Representatives from the Haskysne School of Business, Calgary Economic Development, Tourism Calgary and others came up to speak in favour of spending on infrastructure during the downturn.

Rod McKay, chair of the Tourism Calgary board, said he didn't anticipate speaking to council, otherwise, he would have worn a tie and a better suit.



We want to become the ultimate host city to visitors.

Rod McKay

"We want to become the ultimate host city to visitors of all kinds," said McKay. "Achieving that vision requires collaborative action, that's again, several strategic objectives including the ones of particular importance ... infrastructure and hosting infrastructure."

He noted particularly that accessibility of hosting facilities with transit links are important while noting purposeful investments in districts and entertainment infrastructure will enhance the city for generations.

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PRESCRIBING PRACTICES

Changes a positive step, advocate says



Elizabeth Cameron
For Metro | Calgary

Changes to physician prescribing practices that specifically target high-risk medications are a step in the right direction, according to an advocate for increased action to quell Alberta's growing overdose crisis.

The new guidelines, introduced by the College of Physicians and Surgeons of Alberta (CPSA) last week, focus solely on drugs with potential for misuse or diversion to the street such as prescription opioids, benzodiazepines, sedatives and stimulants.

"The drug scene has changed so drastically over the last six years," said Amy Graves, who lost her 21-year-old brother to a hydromorphone overdose in 2011. His death motivated her to found the Get Prescription Drugs Off The Street Society, which lobbies the government for increased access to addiction services

and harm reduction resources. Graves said the new guidelines are a positive step.

"It's a good framework to build upon for increased physician accountability," she said.

Physicians are now required to check a patient's medication history before writing, initiating, or renewing a prescription for one of the targeted drugs.

"We need to ensure — now more than ever — that addiction treatment and harm reduction resources are accessible. These patients who might

be flagged for drug-seeking behaviour — they need help," Graves said.

Physicians must also be able to justify their prescribing decision to the CPSA if



The drug scene has changed so drastically over the last six years.

Amy Graves

asked.

"(These drugs) work very well for some patients in some situations — but what we want to make sure is that physicians can justify their prescribing and that they're doing it appropriately and responsibly," said Kelly Eby, spokesperson for the CPSA.

OFFICE VACANCY

Summit sorts out priorities



Brodie Thomas
Metro | Calgary

A report will be going to council with short, medium and long-term solutions to address high office vacancy in the Downtown Core.

That was the result of last week's Downtown Economic Summit, which was spearheaded by Coun. Druh Farrell.

The summit brought together leaders in real estate, business, technology along with politicians from all three levels of government.

I was really pleased with the outcome," said Farrell. "I got a lot of feedback over the weekend. People were really excited about some of the ideas that were discussed."

Farrell said former Pittsburgh mayor Tom Murphy shared stories about how that city was led back from the brink after the steel industry collapsed, and she said his message was not lost on Calgary.

She said 10 priorities were developed, and the number one priority was improving residential density.



Andrew Denhamer stands at the scene of the crime, holding one of the less-tempting cuts of meat thieves left behind after they raided a freezer truck at Fine Food Stop over the weekend. BRODIE THOMAS/METRO

Fine cuisine targeted in freezer truck raid

CRIME

Thieves stole \$35-50K of foie gras, prime rib, lamb and more



Brodie Thomas
Metro | Calgary

If someone offers you a screaming good deal on duck legs in the next few weeks, be warned: that frozen food is probably hot.

A Calgary fine foods distributor had a freezer truck targeted over the weekend, and thieves made off with a lot of not-so-cheap eats. Andrew Denhamer, the owner of

Fine Food Stop, said the thieves were discriminating in their taste. "They went for the more expensive items," he said. "It was pretty interesting to see the beef bone and chicken bone left behind."

Also left behind were beef shanks and chicken livers. Instead they went for things like grass fed prime rib, tenderloin, lamb, foie gras and duck legs.

Getting the goods was no easy task. The culinary colluders had to squeeze in behind a truck that was backed up to a warehouse loading door.

They cut the lock on the trailer, and hand-bombed each item out. All told, they made off with four pallets worth of meat with a value estimated between \$35,000 and \$50,000.

Denhamer said the amount



They went for the more expensive items. It was pretty interesting to see the beef bone and chicken bone left behind.

Andrew Denhamer.

they took would likely require a five-ton truck to haul it all away.

"If you had even a normal delivery van, it would've been packed to the brim," he said.

The theft happened sometime between Friday evening and Monday morning. Police confirmed they are investigating.

Calgary police spokeswoman

Emma Poole said theft of food is not unusual at the moment in Calgary. She said seeing this amount stolen all at once is unusual. If you were hoping to go out for a nice meal in the next few days, Denhamer said there's no need to worry. He has more orders coming in shortly. There will not be a foie gras shortage in Calgary.

He has already alerted most of his customers. "We sell to a great portion of restaurants in downtown Calgary that are cooking with these higher end foods. I sent out an email and we're sending out a letter."

As for what they thieves might do with that much haute cuisine, Denhamer suspects they'll likely take it across a provincial border to try and unload it.

OILSANDS

Concerns over river contamination questioned

New research from the University of Alberta suggests concerns about contaminants in the Athabasca River from the oilsands may be overstated.

"Absolutely — no question," said Bill Shotyk, a soil and water scientist involved in three recently published papers that question much recent science conducted on the effects of the oilsands on the local watershed.

His results are already being criticized by the authors of some of that research. Shotyk says the conclusions in the papers confirm preliminary results released in 2014 shortly after he and his

team conducted a sampling program from 13 sites upstream and downstream from oilsands mines. The water was analyzed with equipment capable of measuring water contaminants to parts per quadrillion.

Shotyk found little difference between lead and arsenic levels in either direction from the mines. Levels of lead dissolved in the water were vanishingly small — comparable to those found in Arctic ice that is thousands of years old.

He did find downstream increases in heavy metals associated with bitumen, such as vanadium, nickel, molybdenum and rhenium. But those levels are still tiny.

Previous research by ecologist David Schindler and aquatic biologist Jules Blais are both referenced in Shotyk's papers. Both criticize the work of their colleague. Schindler said he deliberately sampled the river during the

summer peak flow, when runoff would be highest. Shotyk's samples were taken in autumn.

"That is almost certainly why we were able to detect higher arsenic near and downstream of the oilsands and they were not," he wrote in an email. Blais questioned Shotyk's assertion that contaminants have to be dissolved before plants or animals can absorb them.

His lab has exposed aquatic animals to sediments containing oilsands materials. Preliminary results suggest the contaminants are being passed on, added Blais.

THE CANADIAN PRESS

13

Total number of sites where samples were taken upstream and downstream from the oilsands.



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STROKE

Province reduces wait times for stroke drug

A year-long initiative funded by Alberta Innovates has reduced the average time it takes for someone suffering from a stroke to receive a life-saving drug called tPA (tissue plasminogen activator), which breaks up dangerous blood clots.

Given roughly two million brain cells die every minute during a ischemic stroke (blood flowing to the brain becomes blocked), every second counts.

It should take approximately 60 minutes from a hospital patient's arrival until they are injected with tPA, which is commonly known as 'door-to-needle time.'

That time-frame has now been halved to about 36 minutes at Alberta's 17 stroke treatment centres, according to Noreen Kamal, project manager for QulCR.

"A traditional clinical approach is to step through necessary tasks one at a time until a definitive

diagnosis and treatment recommendation can be made," Kamal said.

Many types of medical professionals are involved in the time-shaving effort, including paramedics, emergency department nurses, registration clerks, diagnostic imaging technicians, stroke co-ordinators, emergency department physicians, radiologists and neurologists.



There are few other areas in medicine where the concept of 'teamwork' is more important.

Dr. Thomas Jeerakathil

Covenant Health's Grey Nuns Hospital in Edmonton claims the provincial record for the fastest door-to-needle time, with one case taking a mere six minutes.

"There are few other areas in medicine where the concept of 'teamwork' is more important (than a stroke)," said Dr. Thomas Jeerakathil, an Edmonton-based stroke neurologist and QulCR co-lead for Quality Improvement.

ELIZABETH CAMERON/METRO

POLICE

One suspect on the run after robberies

One man is in custody and another is on the run after the pair robbed a string of grocery stores late Sunday night.

A spokesperson for the Calgary Police Service (CPS) said four stores in the south end of the city were hit before officers apprehended one suspect at

a fifth. The second man fled the scene. Several stores, including a Sobeys, Co-op, and a Safeway were targeted, according to CPS.

No one was hurt in any of the heists, and CPS continues to search for the second suspect. METRO

U of C considering a fall reading week

EDUCATION

Debate returns as other schools sign on for break



Helen Pike
Metro | Calgary

Students and administration at the University of Calgary are rekindling the fall reading week debate.

In 2014, as the University of Alberta signed off on their annual fall reading week, the University of Calgary Students' Union was eyeing its own second break.

But although students were largely in favour of the move in 2014, the problem became where to fit the week in without disturbing curriculums and the popular "block week" which allows students to race through a course in just five days.

Current U of C SU president Stephan Guscott said when it came time to find the space there just wasn't a consensus.

As more post-secondary institutions, like Mount Royal University, sign on to a fall reading week students at the U of C still don't have a solution – but this year they're actively working on it.



University of Calgary Students' Union President Stephan Guscott. JENNIFER FRIESEN/FOR METRO

Guscott said the university is working with stakeholders and has formed a working group to explore the idea.

"Everyone has agreed a fall reading week is a good idea both for faculty and students for mental health reasons," said Guscott. "There's a number of different options on the table right now."

When asked for comment on

timelines, and the process to investigate a fall reading week the University of Calgary was not able to comment. Provost Dru Marshall was not available for comment as it is "too early to speak" about the matter.

Guscott said one of the options is shortening the reading week or even shortening block week.

"Really the most important

thing is that students are able to get both what they paid for out of the length of their semester and their classes, but also get the supports," said Guscott. "A chance to have a break."

This fall is too soon for a new reading week according to Guscott, but in 2018, students could see a change in their academic calendar.

RICK MERCER REPORT

#rickmercerreport

TONIGHT Rick and MPP Jagmeet Singh go cruisin' for a new NDP leader.

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Calgary in the middle of the pack on million-dollar homes

REAL ESTATE

\$1M will get you a bigger house than in Vancouver

Brodie Thomas
Metro | Calgary

A million dollars doesn't go quite as far as it used to when buying a home, but here in Calgary, it can still get you something not too shabby.

That's according to a report released by Royal LePage, looking at million-dollar homes in major cities across Canada.

The study found that while \$1 million will barely get you a starter-level home in certain parts of Vancouver or Toronto, it can get you 2,400 square feet on a 7,000 square foot lot in Cowtown.

John Hripko, a Royal LePage Benchmark realtor based in Mission, said the benchmark price of a home in Calgary is hovering right around \$500,000.

However, around 2005 that same home would've cost on average \$185,000.

Although those homes have gone up in price 2.5 times, the same can't be said for a million-dollar home from 2005. They've possibly doubled in value in most cases, according to Hripko.

Hripko said million-dollar homes vary greatly in size and quality based mainly on — you guessed it — location, location, location.

In inner-city communities like Killarney, a million will



■ The average million-dollar home in Calgary had 3.3 bedrooms 10 years ago, and still does today.

■ Calgary's lot sizes on million-dollar homes have increased just slightly over 2007, from 6,900 to 7,000 square feet.

Calgary

PHOTOS: COURTESY OF ROYAL LEPAGE

In Calgary, the average property selling for \$1 million had 3.3 bedrooms, 2.8 bathrooms, 2,477 sq. ft. of living space and a lot size of 7,004 sq. ft.

get you one half of a modern infill duplex, whereas in Tuscany, it can get you 2,800 square feet above ground, plus a finished basement and a large lot.

Interestingly enough, Cal-

gary's lot sizes don't stand out when compared with other cities, according to the report.

While a million bucks can get you a 13,000 square foot lot in the greater Montreal

area or even 8,100 square feet in greater Vancouver, it will only get you around 7,000 square feet in Calgary.

That's because of developers, according to Hripko. They won't get 50 per cent more

in price for increasing a lot size by 50 per cent, so lot sizes remains mostly uniform.

The report says Winnipeg delivers the best bang for the millionaire's buck, where it bought an average

of four bedrooms and four bathrooms.

Saskatoon offered the largest lot size for \$1 million, where it says homes for that price were virtually unheard of a decade ago.



Winnipeg

In Winnipeg, the average \$1 million two-storey home had 4.1 bedrooms, 4.0 bathrooms, 3,505 sq. ft. of living space and a lot size of 13,453 sq. ft.



Greater Vancouver

Near Vancouver, the average \$1 million home had 3.7 bedrooms, 3.2 bathrooms, 2,166 sq. ft. of living space and a lot size of 8,149 sq. ft.



GTA

In the GTA, the average \$1 million two-storey home had 3.8 bedrooms, 2.9 bathrooms, 2,363 sq. ft. of living space and a lot size of 8,168 sq. ft.



Halifax

In Halifax, the average \$1 million home had 3.1 bedrooms, 3.8 bathrooms, 3,316 sq. ft. of living space and a 43,521 sq. ft. lot size.

Our leaders need to take action

The onus is on our politicians to name the issues and commit to fixing them

FOR METRO

Tristan Cleveland



How are we supposed to solve a problem politicians won't talk about?

In response to Judge Lenehan's shocking acquittal of a taxi driver for sexual assault last week, Premier Stephen McNeil has said nothing. Justice Minister Diana Whalen says they are "considering options."

Prime Minister Trudeau says they have "work to do."

What we haven't heard is a decisive commitment to structural reform to stop the slew of disgraceful sexual assault decisions in the news recently.

It's generally appropriate for politicians to defer to judges on legal matters, but when cases highlight systemic problems, it's up to our political leaders to name the issues and commit to fixing them.

Our prime minister and

premier can and should state clearly that rules must be put in place to ensure judges are adequately trained to give sexual assault victims fair trials. Judge Gregory Lenehan appears to have thought that a person must be unconscious to be legally considered too incapacitated to give consent. That's simply not true.

Rona Ambrose, interim leader of the Conservative Party, has put forward legislation to require exactly this kind of training for all judges.

Trudeau should work with the opposition to pass this bill.

Dalhousie Law Professor Wayne McKay proposes we do one better and create a court specialized in sexual assault cases, as has been done in the United Kingdom and several states in the United States.

That way, lawyers, prosecutors and judges involved could all have consistent experience in sexual assault law.

They could also have greater, "skills and training in not

retraumatizing the victim." That's crucial. Not only is it difficult to convict in sexual assault cases, the experience of the trials is often terrible. As a result, the rate of women who report sexual assaults to police has dropped by more than half since its peak in 1992, according to the Nova Scotia Advisory Council on the Status of Women. Nationally, only 8 per cent of these crimes are reported.

Of the sexual assault cases reported to police in Halifax, 27 per cent led to charges, compared to 40 per cent for other violent crimes. When you add in the conviction rate, only a fraction of a fraction of a fraction of people who commit sexual assaults face legal consequences.

Meanwhile, 100 per cent of sexually assaulted women live with the consequences.

Women need to be able to walk on our streets and use our taxis with the full knowledge that the legal system has their back.



Chrissy Merrigan is co-organizing a protest on Tuesday afternoon against Judge Gregory Lenehan's comments in a recent sexual assault verdict. ZANE WOODFORD/METRO

Protesters to voice 'outrage'



Yvette d'Entremont
Metro | Halifax

"You can feel the outrage in the city."

That's what Chrissy Merrigan said about why she became involved in co-organizing a march expected to draw hundreds to downtown Halifax on Tuesday afternoon.

The event was created to protest Judge Gregory Lenehan's comments, including "clearly a drunk can consent," in acquitting cab driver Bassam Al-Rawi of sexual assault last Wednesday.

"You could feel the outrage the next day... It's all that anybody could talk about," Merrigan said.

More than 1,000 people have committed on Facebook to attending, with more than 2,400 expressing interest. Although that doesn't mean those numbers will hit the streets, Merrigan said the quick and overwhelming response shows people are frustrated.

Organizers want the Crown to appeal Lenehan's ruling, and want an investigation into his handling of the case.

They opted to organize the protest during work hours to make a point.

Organizers want the Crown to appeal Lenehan's ruling, and want an investigation into his handling of the case.

They opted to organize the protest during work hours to make a point.

"We need to make noise during the day when people are downtown... We really wanted the people who are in the courthouse and the people in the system to know that we are upset," Merrigan said.

"After 5 o'clock they're gone home, they're making dinner with their families, they're not there to see it, and that's who needs to make the change."

POVERTY

Advocates urge Canada to calculate cost of raising children

No official estimate exists to guide public policy and help parents plan Canadian politicians champion middle-class families and pledge to end child poverty without knowing what it actually costs to raise a child in this country, says a new report being released Tuesday.

And it is time Ottawa in-

vested in official estimates to guide public policy and help parents with planning, argues the report by Campaign 2000, a national coalition committed to ending child poverty across the country.

"Everyone who cares about the quality of life of Canada's children should be concerned about the cost of raising them

because it is one of the key determinants of children's economic well-being," the report says. "The importance we place on this information demonstrates how our country values its families, its children and its future prospects," it says. "The services we provide to families hinge on the accuracy of these numbers."

Toronto's Rebekka Unrau, 31, who works as an office administrator for a Montessori school, knows the cost of infant child care is as high as her rent. But she's not sure about the other costs she should expect.

She and her partner, a supply teacher with the Toronto District School Board, rent a small two-bedroom apartment

in a house in the city's east end and both work second jobs on weekends to make ends meet. They don't own a car and don't expect they will ever be able to afford to buy a house.

"Certainly the cost of living in Toronto is very high," she said. "Having a better idea of what we can expect definitely will help us plan when and if

we can have a child."

Accurate estimates are also needed to help parents decide whether to have children or if they can afford others, for family court decisions around child support and compensation for foster parents, Campaign 2000's national co-ordinator, Anita Khanna, said.

TORSTAR NEWS SERVICE

OTTAWA

Officer facing charges

The Ontario Special Investigations Unit has charged an Ottawa police officer with manslaughter and assault in the July 2016 death of Abdirahman Abdi. The organization issued a statement Monday, saying that Const. Daniel Montsion is facing charges of manslaughter, aggravated assault and assault with a weapon. Abdi died after police responded to a call from a coffee shop. Witnesses say Abdi was struck with batons and pepper-sprayed, and a violent video from the scene has circulated widely online. HAILEY RITCHIE/METRO

The very long, arduous journey to reach Canada

Many African asylum-seekers who end up in Canada face an arduous, months-long journey through thousands of kilometres of jungle, along back roads and over water in small wooden boats.

Stays in migrant camps along the way often culminate with a lengthy period in a U.S. immigration detention centre.

It's a modern underground railroad with organized networks of smugglers plotting paths through South and Central America to help — often for hefty fees — people fleeing Somalia, Ghana, Djibouti and other countries.

"The smugglers, right from Africa, they define the routes,"

said Francisco Rico-Martinez of the FCJ Refugee Centre in Toronto, a non-profit group that advocates for and provides support services to newcomers.

"They have contacts in Latin America and they define the routes. And they change the routes depending on how (government) policies change."

Rico-Martinez recently visited Central America and saw the tide of migrants first-hand.

Mohammed, a 31-year-old refugee claimant from Ghana who did not want to reveal his last name, followed the underground railroad starting in July 2014. He flew to Brazil, then to Ecuador. Some South American countries do not require visas

for short-term visitors.

Heading to the southern continent makes for a long, dangerous journey on the ground afterward, but it's one of the few feasible starting points.

By bus and on foot, migrants follow a route north into their first big geographical hurdle — the Darien Gap on the border between Colombia and Panama. It's a dense jungle and has no roads.

Mohammed said he skirted the jungle by going up the coast in a boat. He was crammed into a small wooden craft with several others and covered with a tarp for a seven-hour trip in the darkness.

"The boat is not a safe boat.

It's like a wood one with a small (engine) on the back," he recalled.

On the other side of the jungle, the Panamanian government provides a camp with food, shelter and medicine, Rico-Martinez said. Throughout Central American countries, migrants can travel relatively freely and can cover a lot of ground by bus — if they have money.

Nicaragua is an exception in that it has officially closed its border to migrants from outside the Central America region, Rico-Martinez said, but people are still managing to get in and then head through to Honduras.

Some three months after

leaving Ecuador, Mohammed said, he finally arrived at the Mexico-U.S. border south of San Diego to claim asylum. He was promptly put in a detention centre for 10 months. He said his claim was denied and he moved to New York as the threat of deportation hung over his head.

He took a bus to Minneapolis and a cab to North Dakota, he said, and walked seven hours in the cold to the border community of Emerson-Franklin, Man. He walked into a hotel and slept on the hallway floor until a worker came by and called police.

It was over two years after his journey started. THE CANADIAN PRESS

Revised ban leaves refugees confused

IMMIGRATION

Order gets rid of some more contentious aspects

It's been an emotional roller coaster for Mahmoud Mansour and his family, Syrian refugees tapped for possible resettlement to the United States, since President Donald Trump issued his first travel ban six weeks ago.

The original ban, which barred Syrian refugees from the U.S. until further notice, devastated Mansour's family of six, which has been undergoing security vetting ahead of resettlement for the past year.

The revised ban, signed by President Donald Trump without fanfare on Monday, no longer singles out displaced Syrians, but suspends the entire refugee program for four months to allow for a security review.

The order eliminates some of the most contentious aspects in an effort to surmount the court challenges that are sure to come. Trump's first order, issued just a week after his inauguration, was halted by federal courts.

The new one leaves Iraq off the list of banned countries — at the urging of U.S. military and diplomatic leaders — but still affects would-be visitors and immigrants from Iran, Syria, Somalia, Sudan, Yemen and Libya. It also makes clear that current visa holders will not be impacted, and it removes language that would give priority to religious minorities — a provision some interpreted as a way to help Christians get into the U.S. while excluding Muslims.

The changes underscore the very different position the president finds himself in.

Five weeks ago, Trump



Syrian refugee Mahmoud Mansour, 43, is shown in this photo, taken Monday in Amman, with his daughters Ruba and Sahar. Mansour, who has been undergoing vetting for resettlement to the U.S. for the past year, says he was devastated by Trump's ban. THE ASSOCIATED PRESS

dropped the first order with a bang, catching lawmakers and members of his administration by surprise. He signed the order in a high-profile ceremony at the Pentagon's Hall of Heroes as Secretary of Defence James Mattis stood by.

This time around, the president skipped the usual public ceremony altogether. Instead, the administration chose to have Homeland Security Secretary John Kelly, Secretary of State Rex Tillerson and Attorney General Jeff Sessions serve as the public faces of the rollout at a brief press announcement.

"I think today was about the implementation of it," said Press Secretary Sean Spicer — at a briefing off camera.

Legal experts say the new order addresses some of the constitutional concerns raised by a federal appeals court about the initial ban but leaves room for more legal challenges.

"It's much clearer about how it doesn't apply to groups of immigrants with more clearly established constitutional rights," said University of Texas law professor Stephen Vladeck. "That's a really important step."

Mansour, an artisan who embroiders traditional dresses, said he is confused about what Trump's revised executive order means for his family's prospects in the U.S. "We hope that this new order will carry a glimmer of hope," he said in his small apartment in Jordan's capital,

Amman, which also doubles as his workshop.

Others in the family have been luckier.

Two older brothers, Ahmed and Suleiman, managed to reach the U.S. as part of the resettlement program. Ahmed travelled last year from Egypt, while Suleiman and his family reached the U.S. from Amman a day before Trump's inauguration.

"I am not lucky," said Mansour, adding that he and Suleiman had started the vetting procedures in Jordan roughly at the same time. The revised travel ban means prolonged uncertainty for Mansour, his wife and four daughters, ranging in age from three to 13. "I am powerless," he said.

THE ASSOCIATED PRESS

REACTION

New move not a big change, experts say



Gilbert Ngabo
Metro | Toronto

Immigration experts and advocates are concerned the new Muslim ban signed on Monday will make life even harder for would-be refugees.

Donald Trump's Muslim Ban 2.0 halts refugee intake for 120 days and bans any U.S. visits from citizens of Syria, Sudan, Somalia, Iran, Libya and Yemen. It now exempts people from Iraq, as well as green-card holders and those who have permanent resident status.

"There is no moral way we can say that the U.S. is a safe country for refugees anymore," said Emily Gilbert, director of the Canadian Studies program at the University of Toronto.

"This executive order only reinforces the anti-Muslim

sentiment that we know exists in the U.S. and in Canada."

Canada should be concerned about a potential echo of that discourse, she warned. Some of the candidates in the Conservative party have expressed similar beliefs, and aggressive acts against religious minorities have taken place.

Trump's first Muslim ban prompted legal challenges and demonstrations across the globe, with many Canadian advocacy groups urging the federal government to repeal the Safe Third Country Agreement, which prevents people in the United States from claiming refugee status in Canada.

"We need the border open, because there's clearly no fair refugee system in the United States again," said Syed Hussan, a Toronto refugee advocate.

Aides defend Trump's wiretapping claims

White House officials on Monday defended President Donald Trump's explosive claim that Barack Obama tapped Trump's telephones during last year's election, although they won't say exactly where that information came from and left open the possibility that it isn't true.

The comments came even as FBI Director James Comey privately asked the Justice Department to dispute the claim because he believed the allegations were false. When asked whether Trump accepted Comey's view, White House Deputy Press Secretary Sarah Huckabee Sanders told ABC's Good Morning America: "I don't think he does."

Sanders and Kellyanne Conway, another top adviser,

said the president still firmly believes the allegations he made on Twitter over the weekend. The aides said any ambiguity surrounding the issue is all the more reason for Congress to investigate the matter.

"We'd like to know for sure," Sanders said.

The House and Senate intelligence committees, and the FBI, are investigating contacts between Trump's campaign and Russian officials, as well as whether Moscow tried to influence the 2016 election.

On Sunday, Trump demanded that they broaden the scope of their inquiries to include Obama's potential abuse of executive powers.

THE ASSOCIATED PRESS

FRANCE

Conservatives in crisis as candidate flounders

For France's conservatives, this year's presidential election should have been effortless.

Instead, the Republicans party — once all but certain to take back the Elysee Palace in 2017 — is in disarray over the corruption-tainted campaign of its candidate Francois Fillon. Riven by dissent as Fillon tenaciously clings to his bid, the conservatives are watching their presidential hopes sink by the day.

Far-right nationalists, meanwhile, are gearing up for what they hope is their Donald Trump

moment, in which National Front leader Marine Le Pen proves the pollsters wrong and harnesses the anti-immigration, anti-establishment sentiment percolating around Europe to capture a presidential victory.

In this prediction-defying French presidential campaign, anything could still happen between now and April 23, when the voting begins.

One thing is clear: The conservatives are in trouble. And no one is eager to take Fillon's place with less than seven weeks

left to campaign.

Many conservatives had pinned their hopes on former Prime Minister Alain Juppe to step in and save their party's chances — but on Monday he definitively rejected that poisoned chalice.

"It's too late," he told reporters, accusing Fillon, who beat him in the conservative primary, of leading the French right into a political "dead end."

"What a waste," Juppe said. "Last week I received many calls asking me to take over. They

made me hesitate, I thought about it. Today, uniting everyone has become even more difficult ... I confirm, once and for all, that I will not bid to be the French president."

It's a remarkable about-face.

A year ago, Juppe was considered a shoo-in for the 2017 race. Socialist President Francois Hollande's record-setting unpopularity all but guaranteed that France's other main political force, the conservative Republicans, would take back power.

THE ASSOCIATED PRESS

IN BRIEF

Thai doctors fix turtle who pigged out on bank

Tossing coins in a fountain for luck is a popular superstition, but a similar belief brought misery to a sea turtle in Thailand from whom doctors have removed 915 coins.

Veterinarians in Bangkok operated Monday on the turtle nicknamed "Bank," whose indigestible diet was a result of many tourists seeking good fortune tossing coins into her pool over many years in the eastern town of Sri Racha. THE ASSOCIATED PRESS

Planned Parenthood offered money to stop abortions

President Donald Trump has offered to maintain federal funding for Planned Parenthood if the group stops providing abortions. Its president spurned the proposal and noted that federal money already is not allowed to be used for abortion. Trump confirmed Monday there had been discussions, adding polling shows most Americans oppose public funding for abortion. THE ASSOCIATED PRESS

Fitbit expands sleep tracking

FITNESS

People just not sleeping enough, company says

Fitbit, whose devices encourage people to walk 10,000 steps each day, now wants to put them to sleep as well.

The company said data collected by the millions of Fitbit trackers in use show that people are averaging less than seven hours of sleep a night, the amount recommended by the Centers for Disease Control and Prevention. And the Zs people do get aren't necessarily the right kind of sleep.

So Fitbit will offer deeper



Fitbit is pushing its capabilities beyond exercise to appeal to those who already have a fitness tracker. THE ASSOCIATED PRESS

sleep tracking on some of its devices. Fitbits already track how much sleep people get and use sensors to measure

periods of being awake or restless while in bed.

Now, using a built-in heart-rate monitor, the devices will

break sleep into clinically defined stages.

For example, about a quarter of sleep is supposed to consist of the rapid-eye movement, or REM, phase. This is when dreams occur, and scientists believe it's important for improving memory. Fitbit says devices with this new Sleep Stages feature will be able to measure whether you get enough REM sleep.

Fitbit also announced an updated version of its Alta tracker.

The new version has heart rate monitoring and seven days of battery life. The Alta HR goes on sale in a few weeks for about \$150 US.

Existing Charge 2 and Blaze devices will get the sleep feature through free software

updates.

One of Fitbit's chief competitors, the Apple Watch, doesn't come with sleep tracking, as it needs a nightly recharge. Other fitness trackers and smartwatches do offer sleep tracking but the sleep capabilities often take a backseat to features for running, cycling and other exercise.

According to research firm IDC, Fitbit is the leading seller of wearable devices, but it's facing a steep decline because most of its sales are in the U.S., where many people who want a fitness tracker already have one.

Pushing capabilities beyond exercise could help Fitbit appeal to people whose fitness routines are already stable.

THE ASSOCIATED PRESS

HEALTH

Cannabis producer sued

A class-action lawsuit has been filed against a New Brunswick medical marijuana producer after unapproved pesticides were found in its products.

Wagners Law Firm alleges roughly 2,000 people purchased cannabis products containing myclobutanil and bifenthrin from Moncton's Organigram Inc. last year.

The law firm says both chemicals are considered toxic and are not authorized for use on medical cannabis.

It says Organigram recalled five lots of product in December and 69 lots in January before the company's organic certification was suspended.

THE CANADIAN PRESS

LAW SUIT

Greenpeace filing admission of 'lying,' forest firm charges

A forestry multinational that is suing Greenpeace under American racketeering laws alleges that the activist organization's recent court filings are essentially an admission that it lies, a claim the group forcefully denies.

The new public relations offensive by Montreal-based Resolute Forest Products focuses on free-speech arguments Greenpeace has advanced as it seeks to have a \$300-million lawsuit tossed without a hearing on its merits.

In its fight to stop the company's lawsuit in Georgia,

Greenpeace argues in a recent court filing that its criticism of Resolute's logging practices in Canada's boreal forests should be viewed through the prism of free speech rather than taken literally.

In a years-long campaign, Greenpeace publicly accused Resolute of unsustainable logging in northern Ontario and Quebec that threatens endangered and other wildlife, contributes to climate change, and ignores indigenous peoples.

The company, which is also suing Greenpeace for \$7 million for defamation in Ontario, filed

its Georgia lawsuit under racketeering laws enacted to deal with organized crime that allow for triple damages. Among other things, Resolute alleges Greenpeace is a "global fraud" whose campaigns are based on "sensational misinformation" aimed at getting people to donate money for its own benefit.

Greenpeace, which has denounced the lawsuit as an intimidation tactic, wants the claim struck as an attempt to stifle its free-speech rights and silence critics of Resolute's logging practices.

THE CANADIAN PRESS

150 WAYS of looking at Canada

POSTCARD NO. 31

RAMSDEN PARK, TORONTO, ONT



AN EARLY WINTER MORNING; A FEW SHINNY PLAYERS SKATE AROUND THE RINK. A STICK IS DROPPED AT CENTRE ICE; MORE STICKS. THE STICKS ARE DIVIDED. TEAMS ARE ESTABLISHED. THE ART OF SHINNY HOCKEY CONTINUES. OH, CANADA!

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Designing for women

As long as there have been cities, there have been women. But that's not always obvious when looking at the pieces that make up urban life. From street names to transit transfer policies, the lives and needs of women are often overlooked. **On the eve of International Women's Day, six ways to make cities for all.**



1 Wider sidewalks

It must be said that many initiatives billed as making cities better for women are rooted in gender stereotypes, such as women pushing baby strollers. But, still, wider sidewalks help anyone with a stroller, wheelchair or walker move about more easily.

2 Brighter streets

The evidence isn't clear cut on whether brighter streets are safer, with some saying it enables criminals. But when it comes to preventing crime that disproportionately affects women, organizations including the UN have pushed for more light.

3 More washrooms

Equal, easy access to clean, well-equipped toilets (i.e. with garbage bins, and, hey, free tampons if you're feeling generous) is still out of reach in many cities, in both public and private buildings. Not to mention the scarcity of stalls at sports stadiums.

4 Flexible fares

Studies show men and women use transit differently, as women still take on most household chores, like school runs and groceries. This often means less straightforward trips. Time-based fares could lower the costs for those zig-zag trips.

5 Fair playgrounds

A study found that after age nine, little girls were crowded out of parks by boys, who more boldly claimed space. To address in a small way the systemic issue of men being socialized to be more assertive, planners made parks with more and varied play areas.

6 Stature on statues

With only one in five city statues in Toronto depicting women and similarly dismal numbers when it comes to park and street names across other Canadian cities, advocates have pushed in recent years to have equal representation.

WORD ON THE STREET by Brent Toderian

Semis, rowhouses the 'gentle' way to strengthen our cities



If you could be a fly on the wall in city planning departments lately, chances are you'd overhear a conversation about "gentle density." And the planners would look pretty stressed.

That's because most cities are struggling with significant housing challenges, and recognize their existing planning rules and approaches aren't going to solve them.

These difficult and complicated challenges include building more complete and resilient communities, addressing politically explosive debates about neighbourhood change, and improving affordability. There's also the challenge of preserving community "building blocks" like local schools and shopping as some neighbourhoods lose population, the debilitating cost of sprawl, and the clear connections between public health and building communities.

So what is gentle density, and what does it have to do with all that?

As I defined it back in 2007, gentle density is attached, ground-oriented housing that's more dense than a detached house, but with a similar scale and

character. Think duplexes, semi-detached homes, rowhouses, or even stacked townhouses.

In short, it's "gentle" because the actual impacts of adding such housing choices, if designed well, are minimal – although you wouldn't know that by the controversy that can be raised in some communities.

Many people don't mind sharing a common wall and are eager to cut their costs and carbon footprint, but still appreciate a direct relationship with the ground. That's why fellow urbanist Daniel Parolek in San Francisco calls this kind of density the "missing middle." In most cities this middle is under-represented, if it's there at all.

In some cases, this is

because builders need to learn (or re-learn) this kind of building. In others, land economics and land assembly make it tough sledding.

In most cities, though, deliberate zoning decisions have made this kind of housing illegal.

That's a problem, because from a planning perspective, there's nothing fundamentally incompatible about all sorts of gentle density co-habiting in a well-designed neighbourhood.

When we listen carefully, the opposition to such a mix usually isn't about planning principles – it's more often about politics fuelled by financial self-interest (the perceived impact on property values) and "not in my backyard" sentiments.

If we want to get serious

about addressing our big challenges, we need to seriously rethink how we discuss and address change in our communities. Ironically, gentle density could help strengthen and stabilize our neighbourhoods far better than trying to cast them in amber would.

Our cities and suburbs need more gentle density. Our stressed-out planning departments are struggling with how to do it well. Let's give them our encouragement and ideas.

Brent Toderian is an international city planner and urbanist with TODERIAN UrbanWORKS. He is also Vancouver's former chief planner and the president of the Council for Canadian Urbanism.

PUBLIC WORKS

The week in urbanism



Small-town high line

St. Thomas, Ont., isn't known for its urbanist ways. But in August the town of 38,000 is poised to unveil Canada's first elevated park. The park, 25 metres above ground, replaces an old rail bridge that was going to be taken apart. New uses could include yoga classes, gardens and benches with nice views.

Cyclists gain suction

Cyclists, or possibly a lone cyclist, wanting better protected bike lanes in Wichita, Kansas, took matters into their own hands. Plungers with spray-painted handles and reflective tape appeared alongside the road, delighting the city's growing cycling community.

URBAN DICTIONARY

Desire paths



DEFINITION The paths carved out with footprints when multiple people take a more convenient route through fields or other open spaces.

USE IT IN A SENTENCE

After a fresh snowfall Luke followed the **desire paths** on campus created by previous students rushing to class.

CITY CHAMP

Toronto-based architect

A principal with ERA architects, Graeme Stewart's research on retrofitting Toronto's suburban high-rises has shaped the city's housing policies over the past decade.

@GraemeJStewart





The gender-affirming outlet

IDENTITY

Co-operative's online store offers advice and essentials



Ali Vanderkruyk
Metro | Toronto

For young trans and non-binary individuals seeking gender-affirming products, high price and lack of accessibility are a problem.

"Some of the most marginalized people in society also have the most expensive underwear," says Jack Lamon of the prosthetics, tools, and clothing that play a vital part in gender actualization.

Lamon is a worker-member of Come As You Are, a co-operatively owned sex shop, and GenderGear.ca, a separate online shop providing gender gear for trans folk.

Their anti-capitalist and feminist collective mission is to offer products and services that help people express and experience their sexuality, gender and orientation.

Lamon explains that the majority of the worker-owners at the CAYA sex shop are trans or gender queer: "We have always had a personal and professional interest in gender. But, because kids are coming out as trans at younger and younger ages, it was awkward to provide customer service to parents and service providers."



Staff and members of Come As You Are and GenderGear.ca (from left) Noah Kloeze, Meg Saxby, and Jack Lamon. "Some of the most marginalized people in society also have the most expensive underwear," says Lamon. COURTESY COME AS YOU ARE

The sexualized environment of the brick and mortar store (which closed its doors in 2016), did not specifically tend to the needs of people that were interested in confronting their gender dysphoria. The nature of the sex storefront had the potential to bar parents of trans youth and the website, which is an adult website, was firewalled to service providers like Children's Aid and the Toronto Board of Education.

"Sex and gender have nothing to do with each other: your gender does not determine your orientation, or what you may or may not like sexually," Lamon explains.

"People carry the perception that being trans is a sexual thing, but as much as reducing gender dysphoria may help you enjoy your sexuality more, being trans is not sexual identity, it is gender identity."

The CAYA co-op storefront in Toronto closed in 2016, and now runs as a website linked

to GenderGear.ca while the collective figures out their next steps.

But the reality is, the website is what kept them alive. More people tend to be comfortable buying gender and sex products online because there is still a lot of apprehension in discussing private needs publicly.

GenderGear does not feel the need to market or promote their products. The gear is already expensive and they do

not want to be prescriptive or suggest that people "ought" to do things their way.

"The point was never really to sell products, it was to make sure products were available for people who needed them," says Lamon.

Ella Webber, a customer at CAYA, explains that because of the generous sharing of information within the LGBTQ2S community, many older trans individuals are actually learning from younger people about

+ KEY PRODUCTS

Binder: Flattener of breast tissues in order to create a male-appearing chest. \$40-45

Gaff: A device used to secure tucked male genitalia in place to make the area appear female. \$18-35

Packer: An object in one's clothes that suggests the presence of a penis. \$40-150

the range and accessibility of products.

Before Webber's top surgery, they explained how they had "needed multiple binders: tight ones for when you want to look extra flat, and casual wear. Without (access to) them, there are moments that can be so hard when you need something and can't have it."

Asher Faerstein, who has bought six binders to date, confirms that, "for a lot of young trans people who are in precarious financial situations, [the expense] is really inconvenient."

GenderGear provides a binder recycling program that makes used binders available for \$5. The website accommodates the necessary service of selling clothing that does not permanently change your body, but enables one to feel slightly more comfortable in their skin.

There is, however, a lot more work to be done in the fight for financially accessible gender-affirming products.



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metroLIFE | Culture

Tuesday, March 7, 2017 **13**

Why strong is the new pretty



"I love the speed when I skate. I feel very alive and present—feeling fluid and going fast is fun."
Kekai, age 12



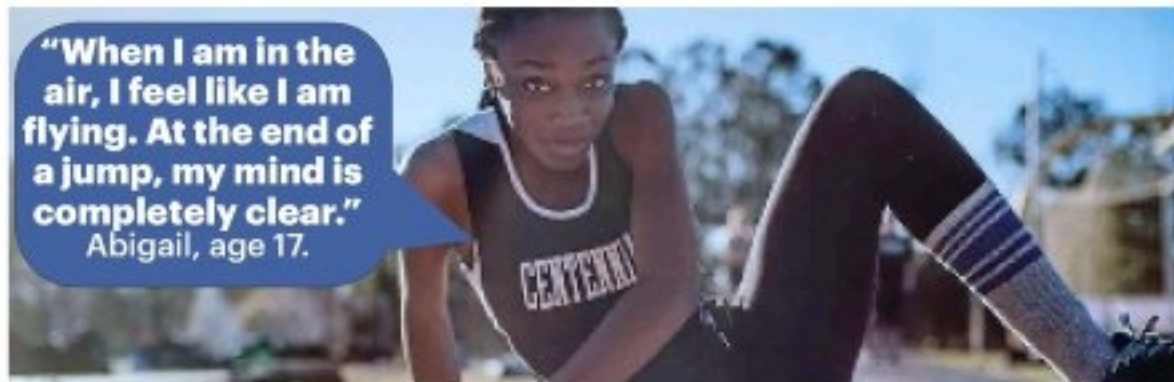
"I'm small, but I have a big voice and I know how to use it."
Ivy, age 9



"Strong is putting all your heart, mind, and effort into what you believe in. Your beauty will shine from this."
Jordan, age 15.



"If you're strong on the inside, it means nobody can break you down."
Carlie, age 12.



"When I am in the air, I feel like I am flying. At the end of a jump, my mind is completely clear."
Abigail, age 17.



"I never met a female firefighter before. Now, I know it's possible to be one."
Maddie, age 7.

PORTRAIT PROJECT

Book fights a message, toasts girls' strength in all its forms

Strong is the New Pretty: A Celebration of Girls Being Themselves is a new book by photographer Kate T. Parker featuring portraits of almost 200 girls from across North America.

Broken down into nine sections celebrating different forms of strength—confidence, resilience, creativity and fearlessness among them—Parker writes in the introduction that the seed for the book was planted while shooting everyday photos of her two daughters and their friends.

"The more I shot, the more I began to notice that the strongest images, the ones that resonated most with me, were the ones in which girls were being 100-per-cent themselves," Parker writes.

"I wanted to show my girls that beauty isn't about being a certain size, or having your hair done... or wearing a fancy out-

fit. I wanted to combat the messages media sends to women every day. I wanted my girls to know that being themselves is beautiful and that being beautiful is about being strong." As her project gained mo-

“

I wanted my girls to know that being themselves is beautiful.

Kate T. Parker

mentum online, Parker began travelling across the U.S. to photograph more and more girls, culminating in a collection of diverse portraits of young women with different dreams, passions and stories, but all united by a common theme—they are all, in their own ways, strong. **TORSTAR NEWS SERVICE; KATE T. PARKER PHOTOGRAPHY USED WITH PERMISSION BY WORKMAN PUBLISHING**

Strong is the New Pretty: A Celebration of Girls Being Themselves is available in Canada from Thomas Allen & Son starting March 7.

TEIGEN OPENS UP

Model's depression fight

Chrissy Teigen has revealed that she has battled postpartum depression since the birth of her daughter last year.

The former *Sports Illustrated* swimsuit model and singer John Legend welcomed a baby girl, Luna, in April. She writes in an essay for *Glamour* that she has been "unhappy" for much of the last year and discovered she was suffering from postpartum depression in December.

Teigen writes that she had difficulty after returning to work as a co-host of *Lip Sync Battle*. She says she is now taking an antidepressant for the depression and anxiety and is also in therapy.

Teigen says she's opening up now because she wants people to know postpartum depression "can happen to anybody." **THE ASSOCIATED PRESS**

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Culture **metro**LIFE

Farrah Khan

Sexual violence support worker, educator, queer Muslim artist

How can feminism get people of different races and genders into the fold?

This march is not the beginning. Many people, including our elders and godmothers of the movement, have been fighting for a long time. It's not about getting people from marginalized communities into the fold but expanding what the fold is. It's creating space for different visions of what equity looks like. We need to be continually thinking about who is left out and who needs to be included. The movement needs intergenerational conversations, feminist godmothers, FEMtoms that have institutional and movement memory so we're not reinventing the wheel but building on the amazing pathways and conversations that have come from our sisters before us. We need to share power.

Kate Chung

Toronto Raging Grannies
What did you make of the march?

Marches like this help build solidarity but I hope it's not all focused on the U.S. We're brainwashed here to think that Canada is so wonderful and we live in the best country in the world but, I'm sorry, there are still things to fix. This is not a perfect place and I see things sliding backwards. I'm old enough to remember the 1970s when we had hope that change was coming. Also, there's no such thing as just a women's issue. Climate, the future of this planet, justice, refugees, war and peace, homelessness — we're not just fighting for our own grandchildren but all grandchildren. To be a Granny, you don't have to be a certain age, a grandmother, or a mother. You just have to be a woman and have attitude. We need to recruit.

What does a feminist future look like?

After The Women's March on Washington in January, it seems we're riding yet another wave of the women's movement. But it is not without its issues. For International Women's Day, we looked to Canadian women for insight on the future of feminism, inclusivity and smashing patriarchy. Here's what they told us: TORSTAR NEWS SERVICE



Clockwise from top left: Farrah Khan, Ing Wong Ward, Gwen Benaway, Septiembre Anderson, Uzma Jalaluddin, Kate Chung.

Uzma Jalaluddin

Writer, teacher, Toronto Star columnist

Did you march? What should happen now?

I didn't march but fully support the women who did. I think there's a sense that something very fundamental about American society is under attack right now and people feel it on a visceral, personal level. For me, as someone who is very visible, I understand so many people who are being placed, viewed and treated as outsiders. All the social justice movements, especially feminism, need compassion, empathy, understanding and tolerance. It would also be nice to see a wider variety of stories out there. I think that feminists need to read each other's stories.

Septiembre Anderson

Reluctant feminist and activist, journalist

How should feminism work to get folks of different races and genders on board?

It's important to understand and accept that we're working on the same issues but not together, that we're working as teammates but not necessarily on the same team. Our diversity is our strength. Men are a whole other thing and it's valuable for men to do their work where they are. They don't need to come into our group, they need to speak to other men. In the locker rooms where they're talking about grabbing women by the p--- — that's where their work is. To the men: Your work is with other men.

Ing Wong Ward

Associate Director for the Centre for Independent Living

What else does the movement need?

I do hope that the women who marched can take the power and goodwill they felt during that day and find ways to turn this into everyday resistance. Social movements aren't solely built on large, visible demonstrations. They're also built on the decisions individuals make to say they refuse to believe the status quo cannot change. The movement needs to be far more open to diversity and to find ways to share power with under-represented groups, including women with disabilities, who are too often rendered invisible. Part of this involves white, cis, straight, nondisabled women listening to women whose lives do not mirror their own, to hear what the feminist movement can do to be more inclusive. It involves hearing the experiences of minority women and actually listening to their critiques without becoming defensive. White women need to ask themselves, are they opening doors or creating barriers?

Gwen Benaway

Annishinabe/Métis trans poet
What does the movement need right now?

To really focus on intersectional feminism. It's time for us to move past divisiveness and embrace the strength, mission and perspectives of all women who are experiencing misogyny if we are going to really challenge and change things. There has been a fundamental rollback of our rights and equal access so we need to come together as diverse women and stand unified. (We have a) moment to leverage the unity of the moment and the strength of our unity. The way to do that is to call out men collectively, to call out misogyny. Our intersectional identities gives us a myriad ways to think and to act and respond to these forces.



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JOHANNA SCHNELLER
WHAT I'M WATCHING

Essential viewing we don't even see

THE SHOW: *Broadchurch*, Season 3, Episode 1
THE MOMENT: What we don't see

Trish (Julie Hesmondhalgh) has been sexually assaulted. DS Ellie Miller (Olivia Colman) and DI Alec Hardy (David Tennant) have taken her to a dedicated sexual assault referral centre, where she's met by Anna (Andrea Hall), a crisis worker.

"I'm going to be with you all the time you're here," Anna says gently. "If you're feeling unsafe or uncomfortable in any way, we will stop. Everything will be led by you."

Step by step, we see Trish's mouth swabbed, her clothes removed and bagged, her bruises photographed. The cops ask her a few questions but back off when she becomes upset. Finally she lies on an examining table.

We see a nurse remove a swab from a case. The camera cuts to Trish's hand squeezing Anna's and we hear her breathe

sharply inward. Then we cut to the faces of Miller and Hardy, outside the curtain, still bagging evidence. They hear Trish's shaky sob. They hear Anna say, "Nearly done." The camera stays on them as they struggle to keep their faces neutral.

This scene should be mandatory viewing not only for all cops, but also for all TV writers' rooms. We don't see the rape. We see the horrid aftermath. Trish is never sexualized. She's a middle-aged mom who's the victim of a violent crime.

With those three discreet elements — swab, hand-squeeze, breath — we are on the table with her. The cut to the cops' faces is not a relief; it's a reminder of their responsibility to care for this woman. To not exploit her.

Broadchurch airs Sundays at 10 p.m. on Showcase.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



The series picks up three years after the fallout of Danny Latimer's murder, as DI Alec Hardy (David Tennant) and DS Ellie Miller (Olivia Colman) investigate a serious sexual assault in the Dorset community. CONTRIBUTED

Toronto's housewives might just be too real

REALITY TV

Franchise back in Canada, but fireworks look hard to come by

Toronto the staid finally has a *Real Housewives* reality TV franchise. But should we care?

You won't find a Weston, a Thomson or a Rogers in the cast of *The Real Housewives of Toronto*, which debuts Tuesday at 10 p.m. ET on Slice.

The one rule of old money is to never, ever talk about money. But true to form, this phenomenally popular TV franchise is populated with nouveau riche social climbers who are not afraid to bring on the bling.

So you get "stars" such as Kara Alloway, the former beauty editor of *Homemakers* magazine, saying, "When you have money and a fabulous life, lots of people want to be your friend." For "style entrepreneur" Roxy Earle, it's as simple as: "Why be a gold digger when you can own the gold?"

As for Joan Kelley Walker, who likes to tell viewers she has a bubble bath just about every single day, there is a reminder that her husband, Magna CEO Don Walker, "makes a lot of money."

Being crass is the currency of reality TV. The lives of these "housewives" are cartoonishly aspirational. It's where the number of Hermes Birkin bags and Louboutin stilettos you own become a kind of nuclear arms race in one-up-womanship.

That eye-catching formula, mixed in with plenty of petty rivalry has been ratings gold for the franchise.

It sets feminism back a thousand years but it is undeniably must-watch train-wreck TV at times. If one were to look at the



The *Real Housewives of Toronto* (from left) are Gregoriana Minot, Joan Kelley Walker, Ann Kaplan Mulholland, Kara Alloway, Roxy Earle and Jana Webb. SUPPLIED

decline of daytime soap operas and civilization in general, one could look no further than the *Housewives* franchise where scripted "reality" is far more interesting and outlandish than anything on *Days of Our Lives*.

Since the very first *Real Housewives* show set in Orange County debuted in 2006, there have been numerous spinoffs and international versions, including Australia and an upcoming production for Bangkok. Now we have Toronto. Is this a good thing?

Producers are anxious to showcase an unabashedly aspirational side of the city. The women go to fancy Yorkville restaurants and stores, and host a facelift party at the Soho Metropolitan Hotel.

It feels forced, as if producers wanted to show that Toronto with its 76-cent dollar truly is a "world class" city. And can out-

spend the best. The problem is, Toronto is already a world-class city, listed in *The Economist* as the world's best place to live. In this Trumpian era when our neighbours to the south are already glancing north enviously, the city has already arrived.

So while the *Real Housewives of Toronto* adheres closely to the arc of the franchise, it feels odd. Certainly, there's no reason not to have a show about snarky, showy women. Toronto is not immune to having materialistic, vapid citizens. But it feels like an '80s reprise of *Hogtown Glitter Girl* society.

For some viewers, this will be vigorously off-brand. Canadians are supposed to be nice and polite. Not showy.

In the first Toronto episode there is a party (there is, it seems, always a party) arranged by busi-

nesswoman Ann Kaplan Mulholland, who seems the most level-headed in the bunch, for her husband, cosmetic surgeon Stephen Mulholland.

Some overblown conflict is introduced when Alloway tells Earle that one of Mulholland's staff bungled a procedure on her face. Much of the episode is spent on whether or not there will be an awkward confrontation. And that pretty much passes for a crisis. Because if you can't trust your plastic surgeon, who can you trust?

If the Toronto version of the *Housewives* is to survive it will likely have to amp up the rivalries. It would be ironic if it failed because the cast was simply too nice to each other. No indication of that so far. But then, wouldn't that be appropriately Canadian? TORSTAR NEWS SERVICE

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Jessica Power Cyr, faculty instructor at Mount Royal University, wellness and lifestyle director at The Glencoe Club and exercise physiologist, wakes up every morning looking forward to the day.

As someone involved in helping others with their well-being and teaching others how to do the same, Power Cyr says she really does love what she does for a living.

"I get to inspire, motivate and change people's lives one person at a time," says Power Cyr.

Power Cyr instructs the personal fitness trainer program — which is a two-year diploma program that prepares students to become proficient personal fitness trainers and CSEP-certified personal trainers.

"I love this program because there is so much hands on learning which is so important in the understanding of how the human body functions," says Power Cyr.

"The curriculum is really well designed as

every course is important in preparing students to design and deliver safe and effective exercise prescriptions for their clientele."

Throughout the program, students will learn human anatomy, human physiology, exercise physiology, human growth and development, program design, how to work with special populations and fitness appraisals and lifestyle counselling to name a few.

They also complete two demanding work practicums at respected health facilities around the city.

Power Cyr says many students will be hired on at their place of practicum.

"Our graduates are very appealing to the industry," she says.

MRU offers an in-class option that starts in the fall as well as online courses for those who cannot commit to the classroom environment.

For more information, visit mru.ca/pft.



I GET TO INSPIRE, MOTIVATE AND CHANGE PEOPLE'S LIVES ONE PERSON AT A TIME.

— Jessica Power Cyr

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Manage employees' careers by growing your own

Gain the skills you need to become an HR professional in Mount Royal University's HR management program

As a holder of a bachelor's degree in theatre, Jolee Coulter spent a few years working as an actor before discovering how difficult the business could be.

"It's a tough business, and to pay the bills I found enjoyable work in programming (informal education) at zoos, science centres, parks and so on," says Coulter.

Once she moved up the ladder in the business, and acting became more of a hobby, she found a management position at Telus Spark in Calgary that she held for more than five years.

"At Telus Spark in my management role, I worked closely with an HR person who became a sort of mentor for me," says Coulter. "I saw what she did in that role and was interested in it."

With the encouragement of her mentor, Coulter decided to take some HR courses to learn more about this field, and that was when she enrolled in the human resource management extension certificate at Mount Royal University.

She took her HR management certificate program while continuing to work full time as a manager at Telus Spark, in addition to raising a toddler.

"After completing the certification program and including it on my resume, I was offered an HR position within seven months," says Coulter. "I accepted the new position, and I believe that the job was offered to me based on the fact that I had the HR education as well as some practical work experience doing informal HR work."

She is now an HR advisor at Prospect Human Services (since Jan, 2017) and says she is loving her new career.

For more information about the human resource management extension certificate, visit mru.ca/cehr.

FACILITATING CREATIVITY WITH HANDS-ON PROGRAMS

Programming tailored to meet interests of students and help them develop and master new life skills

Participants take courses in the continuing education program at St. Mary's University for a variety of reasons — personal interest, continued lifelong learning, personal growth and the opportunity to encounter and master new skills.

As a second year psychology student at St. Mary's, Alexandra Skilnick was excited to sign up for the clay panel sculpture continuing education course to complement her current training and as a way to incorporate art into her education.

"I have always enjoyed working with clay and having the opportunity to do it again was really fun and has encouraged me to keep trying new forms of art, so further courses like this are of high interest to me," says Skilnick.

The continuing education program was recently launched at St. Mary's and the program's



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new offerings are tailored to meet the interests of people surveyed.

Based on the feedback received, St. Mary's has also developed courses in the following areas: digital photography, fine arts, guided nature walks, conscious aging: elder wisdom through movies, and local Indigenous stories from the land.

A niche that St. Mary's fills is in the area of

spirituality and spiritual growth.

Taking the continuing education course was important to Skilnick because it offered an art program that let her explore a different medium that she would not have had the opportunity to do otherwise.

"It was also nice to see the creativity from the others in the class; it was encouraging having all different age groups and to see different

perspectives that facilitated new ideas for me," she says.

Once Skilnick completes her studies at St. Mary's, she plans to spend some time gaining experience in therapy before applying to get her master's degree in art therapy.

For more information about the continuing education courses available at St. Mary's University, visit stmu.ca/cont-ed.

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Reach out and help a fellow student struggling with stress

Follow these tips to understand the best approach to offering support to those dealing with anxiety, depression

March in Canada can bring with it both unpredictable weather and a fluctuation of unfavourable feelings. For post-secondary students dealing with stressful deadlines, confusing coursework and petrifying presentations, these last weeks before the brighter days of spring can trigger stress, anxiety and depression.

So if it comes to your attention that a friend on campus has been struggling with an upswing of negative emotions, is there anything you can do to help?

"Unfortunately it is very common for students to feel down, sad, agitated or overwhelmed; they are dealing with a lot," says Tenniel Rock, manager of counseling and student well-being at George Brown College. "And often friends notice things about us that we aren't aware of."

Rock says that if a student chooses to approach someone they think is in need, it's important to begin the conversation honestly, stating what they have noticed with specific examples.

"Mention that you care, so that is why you are saying something," she says. "If they need more help, offer to go with them to see a counsellor or recommend a telephone counselling service."

Check your own biases

Be sure to refrain from being judgmental and making assumptions of what your fellow student may be experiencing.

"It is important to respect another person's privacy if they do not wish to speak further, adds Sarah Thompson, psychologist in the Ryerson Centre for Student Development & Counselling. "And you can let the person know that you are available if they want to speak."

Thompson says it's equally important for students to work hard to check their own biases when seeking to offer support to others.

"Refrain from judgment and refrain from making assumptions about what the other person may be experiencing."

"All campuses are seeing significant increases in mental health issues," says Suzanne Book, senior manager of counselling and accessibility services at Fanshawe College, emphasizing that the struggling student is not alone.

Book mentions that the student well-being team at Fanshawe, as with many campuses across Canada, offers not only counselling, but workshops, peer support, training, events and activities to help grow students' understanding of mental health and well-being.

"We are continuing to balance both responsive service to support students experiencing anxiety, depression, stress and other more severe issues."

"There are so many people that want to help, have experiences to share and really want to listen," Book adds. "Encourage your friend to give it a try. You never know what you can learn when you are open to hearing a new perspective around problems you are facing. People really do care."



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When it comes to online learning, more and more options for perspective students pop up each day.

For those trying to sort through the many different programs and courses available online, Robertson Online offers a great selection of programs — making them a great option that's too good to pass up.

"Robertson Online offers flexible, unique and enhanced online learning, structured in such a way as to provide individuals the opportunity to gain the knowledge and employability skills they require," says Keith McConnell, BA, MBA, director, Online Campus, Robertson College.

"Through a supportive distance learning environment, we prepare them for success within the career path they have chosen."

Robertson College offers a number of programs in a variety of fields designed to help students secure jobs.

In under a year, students can be trained to become administrative professionals and office assistants in the fields of business, law, medicine, IT, supply chain, community support worker and veterinary medicine.

Robertson programs continue to be reviewed and updated with both the respective industry needs and the student's needs in mind.

"It's a priority of Robertson College Online to ensure that the proper balance of both the educational requirements and the student's expectations are met through the learning outcomes of our diploma and certificate programs," says McConnell.

"The success of our students is important to each member of our team, thus we strive to ensure changes made reflect the feedback received in our research."

Robertson also continues to enhance the student experience in their learning management system with new video, virtual classroom and electronic textbook tools.

"Our goal is to support your learning at any time from any location," says McConnell.

The materials used and the diploma individuals receive from these online programs are the same as if you were to take the program in class.

The only difference is the method of learning, and some students need the flexibility to study early in the day or later in the evening, and online allows for this.

Midway through your program, the Robertson College career services team will reach out to you and help set up your work co-op/practicum.

They help you with every detail of your practicum preparation.

"The career service team will help them with their resume, interview process and cover letter and then we access our employer network and if a job comes up in their field, in their area, we will alert them of the job and we will help them as long as they need it, even after graduation," says McConnell.

For more information, visit robertsoncollege.com/online-studies/.

STUDENTS ON FAST TRACK TO CAREER SUCCESS

The goal at Academy of Learning Career College is to educate their students for jobs in the fields they have trained for.

A recent graduation ceremony for Academy of Learning saw well over 500 attendees as members of the Alberta Legislature and Federal Government led the graduates to fully understand their importance as career college grads in today's provincial environment.

"For each of the graduates, that evening marked not only a reason to get dressed up, and bring along friends and family, it meant their success, their journey was now official, and to be shared with the loved ones who supported them along the way," says Charles Jarvis, general manager, Academy of Learning, "the transition from one wanting a rewarding job with better pay and security, to those now firmly employed in the professions of their choice."

For students who chose Academy of Learning for their training, they can expect training that has been specifically geared toward the skills and knowledge needed for that field.



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Since Academy of Learning programs can be completed in less than one year, students receive only the most up-to-date, and relevant information pertaining to their future jobs.

Because of this, Academy of Learning grads are prepared and out in the workforce sooner.

Academy of Learning offers more than 25 diploma and certificate programs in such fields as health care, business, IT, legal, and many more.

For more information about Academy of Learning and the programs offered, visit academyoflearning.ab.ca.

Rethinking poverty solutions

The Poverty Studies Summer Institute is a unique opportunity for people with an interest in poverty to gather together to deepen their understanding of the causes, impacts and solutions to poverty.

"This three-week program will create an intimate learning community of community workers, students and people in ministry," says Derek Cook, director, Canadian Poverty Institute.

"This is the only such program in Canada."

The Summer Institute is a new initiative, which is launching this June and will be an annual event.

Through the three weeks of the program, participants will gain a deeper understanding of the material, social and spiritual dimensions of poverty.

This includes an exploration of the causes of poverty, the impacts of poverty on both people and communities, and solutions for addressing poverty.

"The Poverty Studies Summer Institute will improve our understanding of poverty and equip leaders to work more effectively to prevent and reduce poverty in our community," says Cook.

"Through the Summer Institute we will also create a network of people who can share their ideas and experiences to support



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each other in their work."

It will be instructed by Ambrose University faculty along with leading experts from across North America.

Guest instructors include Leilani Farha, UN special rapporteur on housing; Mark Holmgren, director of Vibrant Communities Canada; Joe Chrastil, regional organizer of the Industrial Areas Foundation and Eric Tusz-King from Coop Zone and the Canadian Worker Coop Federation.

The Summer Institute runs from June 5-23. Email PovertyInstitute@ambrose.edu or visit povertyinstitute.ca/poverty-studies-summer-institute to learn more.



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As a 23-year veteran in the financial industry, Chantelle Ethier was looking for a change.

"I really wanted to find a career that filled my soul," says Ethier.

"I had the privilege of becoming a caregiver for two elderly people over that last 20 years and the impact they had on me, I knew I could make a difference to others."

So she left the high-paced, sales driven world of the financial industry to study for a career in health care at Alberta Business and Educational Services (ABES).

"I am a serviceman to the core and I found an industry where I can provide my service every single day," says Ethier.

"I learned many skills in my previous career and I have been able to use them in my new career."

When choosing what area of health care she would like to pursue, Ethier landed on the unit clerk/medical office assistant program at ABES.

This program allowed her to be finished in just 26 weeks and enter the workforce with a certificate as both a unit clerk and medical office assistant.

"The curriculum at ABES is not filled with extra courses you do not need," says Ethier, who graduated from the program in 2014.

"They have really taken the time to build the courses on what is really needed in the industry and they teach you and treat you like you are already in the industry."

She says she also learned valuable skills such as how to behave on the units and in the offices and basic skills from answering the phones and typing to medical terminology and patient charts.

"I was completely prepared when I walked into my first of two practicums," says Ethier.

Ethier is now working as a full-time medical office assistant at C-endo and as a casual clerk at Alberta Health Services.

"I could not be happier with where I am in my new career," says Ethier.

For those considering a career in health care, Ethier says she has already been recommending ABES to those around her — including her granddaughter, who has also completed the course and is currently working in a medical office.

"When you go to ABES, you are not a number, they really get to know you," she says.

"The instructors are there to help — if you are putting the effort in, they will as well."

She also noted that having a popcorn machine on campus is a nice little touch.

"Always cherish the little things," says Ethier.

For more information about the unit clerk/medical office assistant program, or about ABES, visit abes.ca.

Preparing you for a career in just 26 weeks

Chantelle Ethier was able to complete the unit clerk/medical office assistant program at ABES in 26 weeks. She is now working full-time as a medical office assistant.

Legend back as a coach

CURLING

Kevin Martin has helped guide son's team to Brier

You can excuse curling fans for doing a double-take at the Tim Hortons Brier.

Legendary skip Kevin Martin is sporting familiar Alberta colours at the national men's curling championship this week in St. John's, N.L. The 2010 Olympic champion is back at the Brier to coach his son Karrick and the provincial team skipped by Brendan Bottcher.

Instead of standing at the end of the sheet and throwing last stones, the former skip — who retired in 2014 — watches the action from his seat on the back bench.

"I hadn't been back to a Brier in any way since I retired," Martin said Monday. "To have the opportunity, you know coaching my son is a big deal ... it's neat. It's good to get back into it."

The event is a reunion of sorts for Martin, who has played with and against many of the curlers in the field. The four-time Brier champion won gold at the Vancouver Games with John Morris (now with B.C.), Ben Hebert and Marc Kennedy (now with Canada skip Kevin Koe).

Longtime opponents like Richard Hart and Glenn Howard of Ontario are also on hand along with veteran skip Brad



Canadian curling great Kevin Martin, centre, talks to his son Karrick Martin, right, and Darren Moulding of Team Alberta in St. John's, N.L., on Monday. ANDREW VAUGHAN/THE CANADIAN PRESS

Gushue of Newfoundland and Labrador.

Martin, who has stayed involved in the game with his curling broadcasting work, started coaching Bottcher's rink before the provincial play-downs and helped them earn their first Brier berth.

"He's been working with us quite a bit technically and tactically trying to get a few small tweaks here and there," Bottcher said. "I think the big-

4
The number of times Kevin Martin has won the Brier.

gest thing he brings though is just the experience factor.

"He's the solid ground to come back to."

Bottcher's team of Karrick

at lead, third Darren Moulding and second Brad Thiessen had the unenviable task of playing local favourite Gushue in the round-robin opener Saturday before a rabid capacity crowd.

The Alberta rink played well in a losing effort before dropping two more games Sunday. Bottcher finally got into the win column Monday afternoon with a 7-2 victory over New Brunswick's Mike Kennedy.

In other early games, North-

ern Ontario's Brad Jacobs defeated Jamie Koe of the Northwest Territories 9-5. Quebec's Jean-Michel Menard beat Saskatchewan's Adam Casey 8-3 and Morris edged Nova Scotia's Jamie Murphy 4-3.

Manitoba's Mike McEwen remained unbeaten at 4-0 after a 10-6 victory over Bottcher in the evening draw. Jacobs (4-1) moved into second place with a 7-2 win over Howard.

THE CANADIAN PRESS

IN BRIEF

Stars snap Caps' home winning streak at 15 games

Kari Lehtonen made 42 saves and the Dallas Stars continued their puzzling domination of the Washington Capitals with a 4-2 victory Monday night.

Dallas extended its point streak in the series to 12 games and won for the sixth consecutive time in Washington. The NHL-leading Capitals' home winning streak snapped at 15 and their point streak at 17. THE ASSOCIATED PRESS

Sandusky transferred to a medium-security prison

Former Penn State assistant football coach Jerry Sandusky has been moved from a maximum-security prison to a medium-security facility in western Pennsylvania.

State prison officials say the 73-year-old was initially transferred because he was considered to be vulnerable given the nature of his child-sex abuse conviction, and his high profile. THE ASSOCIATED PRESS

Israel upsets South Korea in opening game of WBC

Scott Burcham's run-scoring infield single in the 10th inning led Israel to a 2-1 upset win over South Korea on Monday in the World Baseball Classic opener.

With a victory over Taiwan on Tuesday night, Israel would be in good position to advance to the second round.

THE ASSOCIATED PRESS

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Blues hammer down top spot

PREMIER LEAGUE

Hazard, Costa net at West Ham to regain 10-point lead

Chelsea took a confident step closer to the Premier League title with goals from Eden Hazard and Diego Costa enough to sweep aside London rivals West Ham 2-1 Monday.

The result lifts Chelsea 10 points clear of second-placed Tottenham, with 11 games left. Chelsea manager Antonio Conte celebrated with away fans at the end of the match as they sang "we're going to win the league." The Italian, 47, is on course to win the title in his maiden season in English football.

"Up until now we have deserved to stay at the top of the table," Conte said. "But this league is tough until the end. It won't be easy. My players are showing me great commitment not only during the games, but during the week to work hard and to improve. I trust them."

After dominating the league leaders in the first quarter at the



Chelsea's Eden Hazard slots in past West Ham goalkeeper Darren Randolph and midfielder Pedro Obiang at London Stadium on Monday. ADRIAN DENNIS/AFP/GETTY IMAGES

London Stadium, West Ham was stung by a blistering counter-attack set up by N'Golo Kante's interception.

Chelsea's Hazard and Pedro then combined to devastating effect. Belgium midfielder Hazard surged forward from a blistering counter-attack and was on the end of a decisive one-two to score the opener in the 25th minute.

As Hazard slid to his knees to celebrate, a West Ham fan rushed onto the pitch toward the player, but stewards managed to inter-

"I can see them staying top with the quality they have."

Slaven Bilic

vene in time. Costa netted the second in the 50th as West Ham midfielder Pedro Obiang flicked Cesc Fabregas' corner straight to the Spain striker, who gratefully nudged in from close range.

It was Costa's 17th league goal this season. Manuel Lanzini notched West Ham's consolation in second-half injury time as West Ham fought to the end.

Lone striker Andy Carroll, returning from a groin injury, battled with a Chelsea defence which remained disciplined and resolute. West Ham manager Slaven Bilic said his team conceded cheap goals but praised Chelsea's performance.

"They look very serious and I can see them staying on top with

+ DIVISION TABLE

	W-D-L	GD	PTS
Chelsea	21-3-3	37	66
Tottenham	16-8-3	33	56
Man City	17-4-5	24	55
Liverpool	15-7-5	24	52
Arsenal	15-5-6	24	50
Man United	13-10-3	17	49
Everton	12-8-7	14	44
West Brom	11-7-9	2	40
Stoke City	9-8-10	-8	35
Sh'mampton	9-6-11	-2	33
West Ham	9-6-12	-10	33
Burnley	9-4-14	-10	31
Watford	8-7-12	-14	31
Bournemouth	7-6-14	-15	27
Leicester	7-6-14	-15	27
Swansea	8-3-16	-24	27
Crys. Palace	7-4-16	-11	25
Middlesbrough	4-10-13	-11	22
Hull City	5-6-16	-29	21
Sunderland	5-4-18	-26	19

Champions League
Europa League
Relegation

quality they have ... and most of all how physically in good shape they are," Bilic said.

Third-placed Manchester City is 11 points behind Chelsea but has a game in hand.

THE ASSOCIATED PRESS

SOCCER

Zlatan and Mings charged

Zlatan Ibrahimovic and Tyrone Mings have both been charged by the English Football Association for violent conduct.

Ibrahimovic elbowed Mings in the head moments after the defender appeared to step on the Swede's face late in the first half of Manchester United's 1-1 draw against Bournemouth on Saturday. Both incidents were not seen by referee Kevin Friend and went unpunished at the time.

Ibrahimovic faces the possibility of a three-match ban. The FA says it "has submitted a claim that the standard punishment that would otherwise apply for the misconduct committed by the Bournemouth defender (Mings) is 'clearly insufficient.'" THE ASSOCIATED PRESS



Ibrahimovic and Mings clash

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IN BRIEF

Riders will learn pivot Young's decision soon

The Saskatchewan Roughriders will learn sooner than later if former Texas pivot Vince Young will make his football comeback in Canada.

Leigh Steinberg, Young's agent, told The Canadian Press on Monday he expects

his client to decide his football future later this week.

THE CANADIAN PRESS

Debut disaster for Bogut

Andrew Bogut didn't make it through one minute of his debut with the Cavaliers.

The team's new centre broke his left leg and had

to be assisted off the floor. The Cavs said initial X-rays revealed a fractured left tibia for seven-footer Bogut.

THE ASSOCIATED PRESS

Iguodala carries Warriors to victory over Hawks

Andre Iguodala scored a season-high 24 points on a

subpar shooting night for the Splash Brothers, carrying the Golden State Warriors to a 119-111 victory over the Atlanta Hawks on Monday.

Stephen Curry had 24 points while Klay Thompson was held to 13 in the absence of the injured Kevin Durant.

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MAKE IT TONIGHT

Cheesy Pesto Pizza with Ricotta and Sundried Tomatoes



PHOTO: MAVA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

Directions

1. Preheat the oven to 375 C. Prepare a baking sheet with parchment paper.

2. In a food processor, mince garlic, then add the spinach, basil, Parmesan, oil and salt and pepper. Purée until smooth, scraping down the sides of the bowl as necessary.

3. Lay the flatbread out onto the prepared baking sheet. Sprinkle with a bit of olive oil. Spread the pesto across the top of the flatbread leaving a 1/2-inch border around the edges. Drop heaping tablespoons of the ricotta onto the pesto. Sprinkle with Asiago and sun-dried tomatoes.

4. Bake for 8 to 10 minutes, or until the edges of the crust are golden brown and cheese is melted. Remove from oven and sprinkle with chopped basil.

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Prep time: 20 minutes
Cook time: 10 minutes
Serves 4

Ingredients

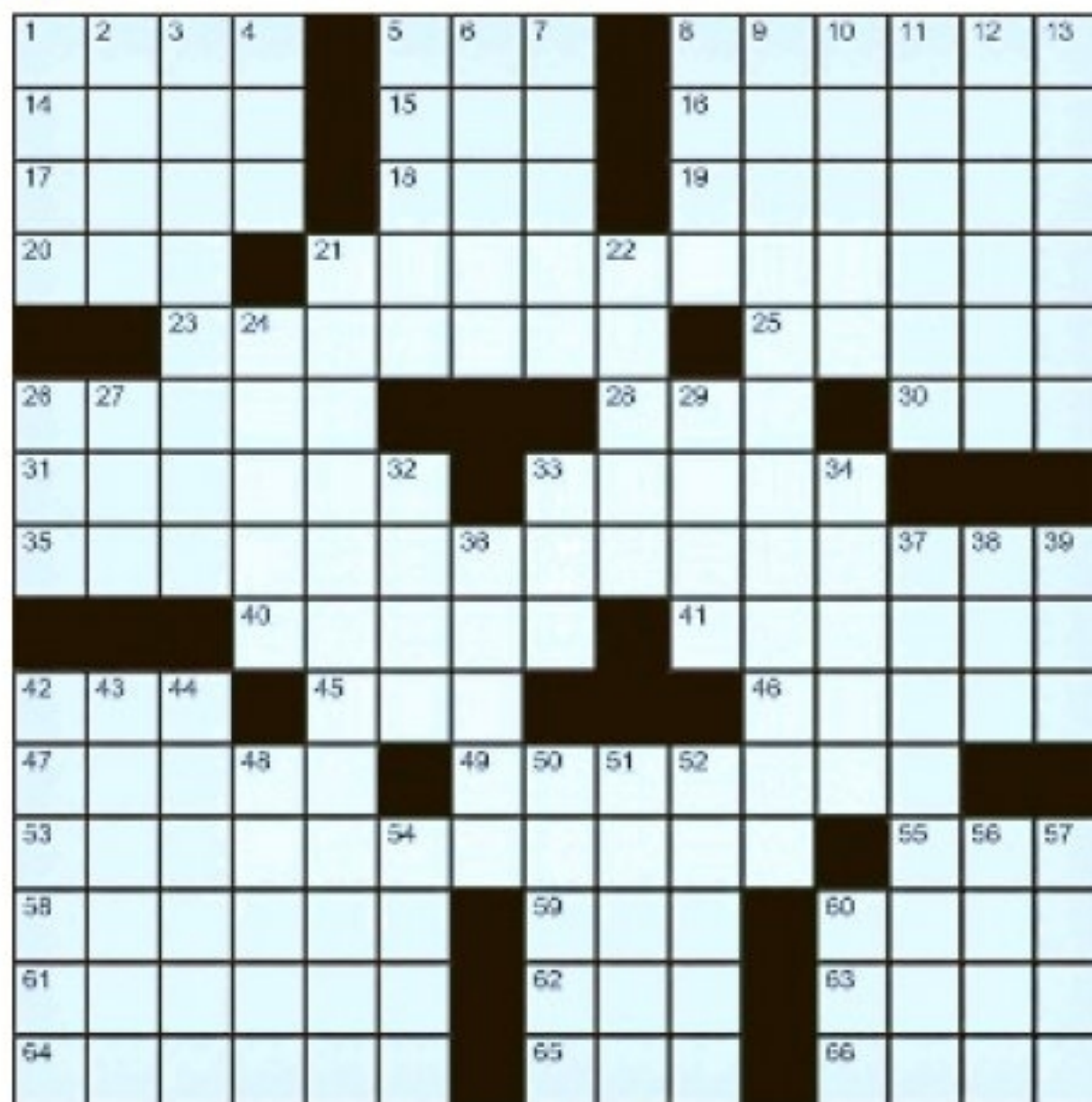
- 2 cloves garlic, quartered
- 2 cups baby spinach
- 1 cup basil leaves
- 1/2 cup finely grated Parmesan
- 1/2 cup olive oil
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 large store bought flatbread
- 1 Tbsp olive oil
- 1 cup ricotta cheese
- 1/2 cup shaved Asiago cheese
- 1/4 cup chopped sun-dried tomatoes
- Chopped basil for garnish

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Colosseum cloak
- Dining room feature, for short
- Meteorite _ site
- Street
- At-sea affirmation
- Ms. Mason of "The Goodbye Girl" (1977)
- Poet Mr. Pound
- Tiny tallness
- Lord's Prayer part: "..._ in heaven."
- Nourished
- Desired results of using hair rollers: 2 wds.
- "That camouflage isn't working!": 3 wds.
- Make _ (Do store business)
- "This _ Love Song" by Bon Jovi
- Driveway topping
- Initials-sharers of Naomi Watts's ex-beau who is an actor
- _ of spades
- Important exam
- "Sparkling" tavern item: 2 wds.
- Nose-in-the-air folks
- Buffalo's hockey players
- UK honour [acronym]
- Extremist org. in 1974 headlines
- "Hud" (1963) Oscar-winner Patricia, and surnamesakes
- "_ Me" by John Legend
- In particular
- Air-circulators-with-



- paddles: 2 wds.
- Certain conifer
- Eagles drummer/singer Don
- Prefix to "light"
- Ballet skirt
- Star: French
- "Abbey Road" tune: "The _"
- "_ fair in love..."

- Does an office task
- Hillary Clinton was a Sen. here
- Tropical vacation spot

DOWN

- Not kosher
- Bleed bit by bit
- Toronto's _ Expressway
- Halifax's famous madam Ms. McCallum (b.1909 - d.1986)
- Chevrolet SUV model

- "Snatch" (2000) directed _ Ritchie
- "_ _ man put asunder."
- "If _ be so bold as to..."
- They're used to help make lashes look lusher: 2 wds.
- Toyota hybrid car

- Stellar
- Freezes the food
- Cups, in Quebec City
- Historic House (Attraction in Charlottetown, PEI); or, Montreal suburb
- "Soul Meets Body" by Death Cab For _
- Wild guesses
- Flight tower serv.
- Smashing Pumpkins co-founder James
- Conjunctions
- Organic compound
- Alberta's Mc-Murray, et al.
- Record _
- Do _ up job
- Piled-up-with-food carriers
- Conger _
- Web feed syst. for updates
- Stockpiles
- "Baywatch" actress Yasmine
- "Sense and Sensibility" (1995) sister
- "Kukla, Fran and _"
- Frequently
- Like the hue of a lion's coat
- British novelist Ms. Bagnold's
- "The Science Guy" Bill, and surnamesakes
- "_ have to do."
- Ploy
- Mai _ (Cocktail)

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be patient with family members today to avoid squabbles and arguments. (This is not a good way to start your day — or anyone else's.) Be chill.

Taurus April 21 - May 21
If you can get past some tension this morning, the rest of the day will be quiet and comforting. In fact, you will want to cocoon at home if you can.

Gemini May 22 - June 21
Money disputes or an argument about something you own might occur this morning. Try to move past it so that you can enjoy a busy day full of errands and fun.

Cancer June 22 - July 23
People are touchy this morning. Give them a wide berth. Later in the day, you will be focused on money and cash flow. Ka-ching!

Leo July 24 - Aug. 23
This morning it's easy to be grumpy. However, soon the Moon moves into your sign, which gives you an advantage over everyone else. Enjoy your good fortune.

Virgo Aug. 24 - Sept. 23
Avoid morning arguments with a female acquaintance. Later in the day, do some research or find some privacy, and enjoy being on your own.

Libra Sept. 24 - Oct. 23
You like to keep the peace. Therefore, avoid arguments in the morning, because the rest of the day is warm and friendly.

Scorpio Oct. 24 - Nov. 22
Steer clear of sensitive subjects like religion, politics and racial issues this morning. Later in the day, bosses, parents and VIPs will talk about you for some reason.

Sagittarius Nov. 23 - Dec. 21
Disputes about shared property might arise this morning. Let these go, because what you really want to do is get out and have a change of scenery today. Do something different.

Capricorn Dec. 22 - Jan. 20
Be patient with partners and close friends this morning. Later today, you might ponder how your values are different from the values of others. We are all unique.

Aquarius Jan. 21 - Feb. 19
You have to go more than halfway when dealing with others today because the Moon is opposite your sign. This simply requires a little patience and cooperation. No biggie.

Pisces Feb. 20 - March 20
Avoid disputes at work this morning. You don't need this! Later today, you will play and schmooze with others, as well as delight in sports or playful activities with children.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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